Lesson 1: Finding Your Voice

(20-minute lesson)

PRIMARY (Ages 9–11)

How to Use This Resource in Tutor Time

Thank you for taking part in **The Oracy Cup**, a partnership between *Equalitas* and *Charlton Athletic Community Trust*.

These 20-minute lessons are designed to fit smoothly into tutor or form-time slots and give every pupil the chance to build confidence, communication skills, and pride in their voice.

Each activity links directly to **The Oracy Cup judging criteria** – *Clarity, Confidence, Content, and Teamwork* – and is aligned with the **Voice 21 Oracy Framework**.

You don't need to be an Oracy specialist to deliver them; the focus is on encouragement, participation, and reflection.

Encourage a supportive environment – celebrate effort, allow creativity, and remind pupils that *their voice matters*.

Building on Existing Practice

The Oracy Cup is designed to complement and celebrate the Oracy work already happening in schools. We recognise that many educators are already embedding speaking and listening across the curriculum in powerful ways. This initiative offers a joyful and structured opportunity to showcase that work, deepen pupil engagement, and connect Oracy to wider themes of confidence, inclusion, and community.

Learning Objective:

To develop confidence in speaking aloud and using voice and body language to communicate clearly.

Key Oracy Focus (Voice 21 Strands):

- *Physical:* Voice projection, pace, posture
- *Social & Emotional:* Confidence, turn-taking, active listening

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Judging Criteria Links:

- *Confidence* – speaking clearly and audibly
- *Clarity* – using body language and tone effectively

Activity Sequence (20 minutes)

1. Warm-Up – "Volume Line" (3 mins)
Ask pupils to say "Hello, my name is…" at different volumes: whisper, indoor voice, stage voice.
Discuss which feels confident but natural.

2. Main Task – "Show and Tell with Power" (12 mins)
Each pupil shares a short story, object, or memory for 30 seconds.
Encourage eye contact, a strong stance, and a clear voice.

3. Peer Feedback (3 mins)
Partners give one positive comment about what made their partner's voice strong.

4. Reflection (2 mins)
Whole-group discussion: "When do I feel most confident speaking?"

Resources:

- Small personal items or photos
- Timer

Teacher Notes

Use adaptive teaching strategies to support all learners. For example, quieter pupils may benefit from presenting in pairs or using visual prompts. Model confident speaking posture and tone, and offer verbal praise to build early confidence. Flexibility in format and delivery helps every pupil feel safe and seen.

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